

Tofu Scramble Breakfast Burrito

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 Serving size: 1 burrito

Ingredients	Quantity	Measure
Olive oil	4	Tbsp.
Scallions, finely chopped	6	each
Kale, fresh, chopped	2	cups
Bell pepper, red, chopped	1	each
Water	9	Tbsp.
Turmeric	1	tsp.
Cayenne Pepper	2	tsp.
Black Salt (optional)	2	tsp.
Salt	2	tsp.
Garlic, finely chopped	4	cloves
Nutritional yeast	3	Tbsp.
*Tofu, extra-firm, drained and pressed	24	ounces
Black beans, canned, drained, rinsed	1	cup
Tortilla, whole grain, 10 inch	12	each

Preparation

*Please see separate page for tofu pressing instructions.

1. Heat 3 Tbsp of olive oil in a frying pan over a medium-high heat.
2. Add the scallions and cook for two minutes.
3. Dice bell pepper into medium-sized pieces and add to scallions. De-stem kale, coarsely chop, and add to scallions and bell peppers in the pan.
4. In a small bowl, combine the water, turmeric, cayenne pepper, salt and garlic clove.
5. Crumble the tofu into the pan and then pour the spice mixture over the tofu, stirring with a spatula to make sure the tofu is evenly coated with the spice mix.
6. Cook tofu and vegetables for about 5 minutes, stirring frequently to ensure it does not stick to the bottom of the pan.
7. Drain and rinse black beans and add to the pan.
8. Add the nutritional yeast and stir to combine.
9. Cook until the liquid is evaporated, stirring frequently—about 5 – 10 minutes.



Tofu Scramble Breakfast Burrito Continued

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10. Fill each tortilla with about 1/2-3/4 cup of the mixture, fold tortilla in on each side and roll into a burrito.
11. Take a clean pan and heat 1 Tbsp of olive oil or enough to lightly coat the pan and place rolled burrito in pan to sear on each side. Repeat with all 12 burritos. To save on time, roll all burritos and add several to the pan at once.

Nutrition Information *From USDA Nutrient Database

Calories: 521 Total Fat: 11.7g Saturated Fat: 1g Monounsaturated Fat: 7.8g Polyunsaturated Fat: 2.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 21.2g Fiber: 11g Total Sugar: 1.2g Protein: 16.4g Sodium: 804mg Vitamin A: 111µg Vitamin C: 29mg Calcium: 231mg Iron: 3.5mg Folate: **35µg**

